

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization
International Bureau



(43) International Publication Date
7 July 2005 (07.07.2005)

PCT

(10) International Publication Number
WO 2005/061056 A2

(51) International Patent Classification⁷: A63B 23/04, 22/08

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(21) International Application Number: PCT/NO2004/000396

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(22) International Filing Date: 21 December 2004 (21.12.2004)

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(25) Filing Language: English

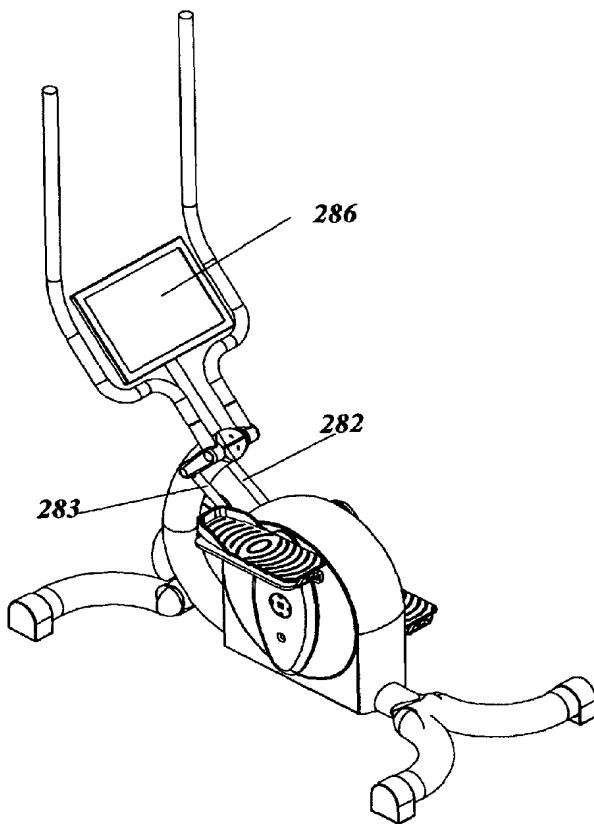
(26) Publication Language: English

(30) Priority Data:

20035785	22 December 2003 (22.12.2003)	NO	(81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG,
20040138	12 January 2004 (12.01.2004)	NO	
20040466	2 February 2004 (02.02.2004)	NO	
20041472	7 April 2004 (07.04.2004)	NO	
20041473	7 April 2004 (07.04.2004)	NO	
20041474	7 April 2004 (07.04.2004)	NO	
20041804	3 May 2004 (03.05.2004)	NO	

[Continued on next page]

(54) Title: AN APPARATUS FOR PHYSICAL EXERCISE, AND A CRANK DEVICE AND FOOT SUPPORTING PLATFORMS FOR USE WITH SUCH APPARATUS



(57) Abstract: An apparatus for physical exercise or training and with means which provide for a plurality of different workout options simulating human physical movements, said apparatus having a crank device connectable to foot supports for a user in order to drive the crank device. The apparatus has input, control and adjustment means related to one or more of paths of motion or style of training related to walking, jogging, running, climbing or skiing; stride length, angle of orbital or rectilinear path relative to the horizontal, maintenance of posture of foot support during movement through a path, change of posture of foot support means through movement along the path, level of brake force acting on an apparatus flywheel, personal workout levels, caloric burn rates, heart or pulse rate, physical condition of user. Adjustment is made possible during an ongoing exercise.



PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

(84) **Designated States** (*unless otherwise indicated, for every kind of regional protection available*): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IS, IT, LT, LU, MC, NL, PL, PT, RO,

Published:

— without international search report and to be republished upon receipt of that report

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